

## Shepherd's Pie Potato Bake



### Ingredients:

- 6 baking potatoes
- 1 pound lean ground beef (90-93% lean)
- 1/2 medium onion, chopped (about 1/2 cup)
- 1 clove garlic, minced
- 1 – 6 ounce can tomato paste
- 1/4 cup Worcestershire sauce (reduced sodium, if available)
- 1 can low-sodium beef broth
- 2 cups frozen mixed vegetables
- 1 cup reduced-fat cheddar cheese

### Directions:

1. Preheat oven to 400 F.
2. Poke holes in the potatoes and microwave for 10 minutes or until soft.
3. In a skillet over medium heat, add the ground beef, garlic, onion, salt, and pepper.
4. Cook until the meat is browned and drain any grease.
5. Stir in the tomato paste, Worcestershire sauce, and beef broth.
6. Add the vegetables and bring to a boil. Simmer until slightly thickened.
7. Cut open the potatoes and fill with meat and vegetable mixture.
8. Place filled potatoes into a baking dish and bake about 5-10 minutes, or until cheese is melted.

Makes 6 servings.



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